



WELCOME TO A DELICIOUS NEW YEAR THAT IS *Full of Flavours*



KALE CHIPS

- 1 bunch curly leaf kale, washed and thoroughly dried
- 1 Tbsp. **Garlic Pepper with a Twist of Lemon**
- 1 Tbsp. **Meyer Lemon Infused Olive Oil**

Preheat oven to 350°F. Cut out the tough middle stem from kale; tear or cut leaves into 2-inch pieces. Toss kale with **Meyer Lemon Infused Olive Oil** in a large bowl. Use your fingers to coat each leaf with the oil. Lay the kale on a rimmed baking sheet in a single layer. Sprinkle with **Garlic Pepper with a Twist of Lemon**. Bake for about 20 minutes, turning them halfway through the cooking time. Check the chips before the bake time is over, as some will be ready before others. Serve fresh from the oven.



CAULIFLOWER PIZZA CRUST

- 1 large head cauliflower, cut into florets and riced
- 1 egg, beaten
- 1/3 cup soft goat cheese (chevre)
- 1 teaspoon **Mediterranean Greek Seasoning Blend**
- 1 tsp. **Sunset Seasoned Salt**
- 1 tsp. **Onion, Garlic & Herb Seasoning**
- Choose your Toppings- **Sunset Gourmet's Smoky Sweet Grilling Sauce**, Mozzarella cheese, feta cheese, diced chicken, black olives, sliced tomatoes, mushrooms, onions, basil leaves.

Preheat oven to 400°F. Pulse batches of raw cauliflower florets in a food processor, until a rice-like texture is achieved. Fill a large pot with about an inch of water, and bring it to a boil. Add the "rice" and cover; let it cook for about 4-5 minutes. Drain into a fine-mesh strainer. Once you've strained the rice, transfer it to a clean, thin dish towel. Wrap up the steamed rice in the dishtowel, twist it up, then SQUEEEEEEEEEZE all the excess moisture out!

In a large bowl, mix your strained rice, beaten egg, goat cheese, and spices. Use your hands to mix well. It won't be like any pizza dough you've ever worked with, but don't worry- it'll hold together! Press the dough out onto a baking sheet lined with parchment paper. Keep the dough about 1/3" thick. Bake for 35-40 minutes at 400°F. The crust should be firm and golden brown when finished.

Add your toppings. Return the pizza to the 400°F oven, and bake an additional 5-10 minutes, just until the cheese is hot and bubbly. Then slice and serve immediately!

TIME-SAVING TIP:

Make a double-batch of cauliflower pizzas. Make one for now, and save one for later. After baking the crusts and adding the toppings, wrap up the whole pizza in foil, and FREEZE it for a quick "frozen pizza" to enjoy another night! Simply thaw and bake at 400°F, as directed below, until the cheese is hot and bubbly.



HOME-STYLE SWEET MAPLE GLAZED FISH

- 1 cup mayonnaise
- 1-2 Tbsp. **YGY Easy Eats Sweet Maple Blend** (adjust to taste)
- 1 lb (.453 kg) salmon or firm white fish (such as cod or halibut), diced

Preheat air fryer to 375°F or oven to 350°F. Whisk together mayonnaise and seasoning blend to make glaze. Generously coat fish pieces with glaze and place in a single layer in air fryer basket or on lined baking sheet. Air fry for 7-10 minutes or bake for 16-22 minutes, until fish is cooked through. Enjoy!



BUTTERY DILL CHICKEN BREAST

- 1 Tbsp. **Lemony Dill Seasoning**
- 1/3 cup melted butter
- 1 cup seasoned dry breadcrumbs
- 2 tsp. **Sunset Seasoned Salt**

- 4 boneless, skinless chicken breasts

Combine first two ingredients in a shallow bowl. Place breadcrumbs and **Sunset Seasoned Salt** in a separate shallow bowl. Dip chicken pieces in butter mixture and then into crumbs, coating completely. Place chicken on a greased baking sheet; drizzle with remaining butter mixture. Bake at 375°F for 25-30 minutes or until chicken is done and reaches an internal temperature of 165°F. Makes 4 servings. Garnish with chopped parsley if so desired. You can cut the breasts in half lengthwise if you choose and reduce cooking time by 5-7 minutes.



GREEK SALAD

- 1 head romaine lettuce, rinsed, dried and chopped
- 1 onion, thinly sliced
- 1 can (6 oz.) pitted black olives
- 4 small tomatoes, rinsed, dried and chopped
- 1 cucumber, sliced and halved
- 1 cup cubed feta cheese

DRESSING

- 1 Tbsp. **Mediterranean Greek Seasoning Blend**
- 1/3 cup olive oil
- 1/4 cup red wine vinegar

In a large salad bowl, combine the romaine lettuce, onion, olives, tomatoes, cucumber and cheese. Drizzle with dressing and toss.



CAULIFLOWER RICE

- 1 head cauliflower, rinsed and cut into florets
- 2 Tbsp. **Meyer Lemon Infused Olive Oil** or avocado oil
- Juice of 1 lemon
- 1 Tbsp. water
- 1 Tbsp. **Onion, Garlic & Herb Seasoning**
- 1 tsp. **Sunset Seasoned Salt**
- 2 tsp. **Garlic Pepper with a Twist of Lemon**
- 1/4 cup chopped mint

Shred cauliflower using a blender, food processor or cheese grater until it's the size of rice. Heat oil in large skillet over medium heat. Add all ingredients; cook, uncovered, for about 10 minutes, stirring often. In the last five minutes of cooking, add the chopped mint or parsley.